

**Germanna Community College offers Interior Trim Carpentry classes
at George Washington Carver-Piedmont Education Center on Rt. 15**

Germanna’s Workforce Development and Community Education program is offering a certificate program in Interior Trim Carpentry. Interior Trim Carpentry is a satisfying career field and a creative hobby. Imagine building, repairing, or renovating your own home, or working professionally in the thriving construction industry. Classes meet at the G.W. Carver-Piedmont Education Center in Culpeper. A supply list will be sent upon registration. Tools and textbook required.
Call (540) 727-3008 for more information or visit: www.gcc.vccs.edu/workforce.

OSHA Construction Industry Standards 10-hour Certificate Program	\$329	Introduction to Door Installation and Trim	\$249
Jan 29 - 30 Th 12:00p.m. -5:00 p.m.	Germanna	Mar 6 - 20 S 8:30 a.m. - 4:30 p.m.	
F 8:00a.m. - 1:00 p.m.	Locust Grove Campus	Introduction to Window, Floor and Ceiling Trim	\$189
Introduction to Construction Math	\$169	Mar 29 - Apr 2 M - F 6:00 - 9:30 p.m.	
Feb 2 - 12 M & Th 6:00 -9:30 p.m.		Introduction to Paneling and Wainscoting	\$189
Introduction to Blueprint Reading for the Construction Industry	\$79	Apr 12 -16 M -F 6:00 - 9:30 p.m.	
Feb 16 - 19 M & Th 6:00 -9:30 p.m.		Introduction to Stair Installation and Trim	\$249
Introduction to Woodworking Tools and Techniques	\$169	Apr 17—May 1 S 8:30 a.m. - 4:30 p.m.	
Feb 21 - 28 S 8:30 a.m. - 4:30 p.m.		Introduction to Cabinet Installation	\$119
		Apr 19— 22 M/W/Th 6:30 - 9:30 p.m.	

**Did you know you can get Bachelor’s and Master’s Degrees
from Old Dominion University At Germanna Community College in Locust Grove?**

ODU Teletechnet Bachelor’s and Master’s Degree Program

Students can earn bachelor’s degrees and master’s degrees at Germanna Community College through Teletechnet, a partnership between Germanna Community College and Old Dominion University. Teletechnet students may complete their first two years of course work at Germanna Community College.
Old Dominion University provides the remaining course work at Germanna’s Locust Grove Campus, primarily through satellite courses using state-of-the-art audio and video technologies. This gives students the opportunity to interact with each other and the instructor, just as they would in a traditional classroom.

The following bachelor’s degree programs are available:

- Business Administration (Accounting, Management, Marketing, Finance, and Information Systems)
- Criminal Justice
- Engineering (Civil, Electrical, Mechanical)
- Computer Science
- Health Sciences
- Human Services Counseling
- Interdisciplinary Studies (Teacher Prep PK-6 and Professional Communication)
- Nursing: RN to BSN
- Occupational and Technical Studies
- Teacher re-certification courses are also available for in-service teachers

The following master’s degree programs are available:

- Education (PK-6 Licensure Only and Special Education),
- Engineering Management
- Nursing
- Occupational and Technical Studies

For more information, contact the ODU Teletechnet Site Director at (540)727-3110.

C.C.C.C. Kid Central Happy Holiday Happenings

C.C.C.C. Kid Central would like to invite the children of Culpeper, ages 5 to 12 years, to register and join us at Sycamore Park Elementary School Child Care:

**December 22nd a full day (6:30 am – 6:30 pm) of Road Trip U.S.A
"Christmas in New York".**

**December 23rd a full day (6:30 am – 6:30 pm) of Road Trip U.S.A
"New York Family Traditions"**

**December 24th a half day (6:30 am – 3:00 pm) of Road Trip U.S.A.
"New York Christmas Stories".**

December 25th and 26th CLOSED

**December 29th a full day (6:30 am – 6:30 pm) of Road Trip U.S.A
"New York Art and Music".**

**December 30th a full day (6:30 am – 6:30 pm) of Road Trip U.S.A.
"What's Cooking in New York".**

**December 31st a half day (6:30 am – 3:00 pm) of Road Trip U.S.A.
"New York's Time Square".**

To Register and for more information, please call 829-2124.

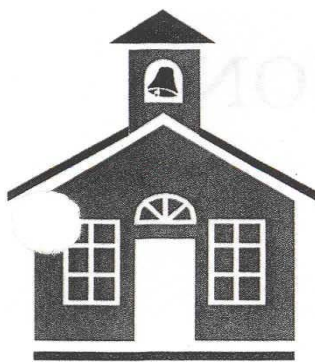
FOR IMMEDIATE RELEASE
November 19, 2003
Karen Parkinson, 825-3677, Ext. 3120
Public Information Officer

SCHOOLS FOUNDATION ESTABLISHED

Thanks to the initiative of several parents and community members, the Culpeper Schools Foundation has been formed to support the educational needs of the student population in Culpeper County Public Schools. The foundation got its start this past summer when parent Loribeth Bosserman met with Dr. David Cox, Superintendent of Schools, to determine what she could do to help raise funds for the school division. Mrs. Bosserman took the idea of a foundation and ran with it. The end result is that a board of directors is in place, the foundation has obtained nonprofit status and has adopted bylaws, and the Culpeper Schools Foundation is ready to go to work.

Mrs. Bosserman serves as the president and chairman of the Culpeper Schools Foundation. Serving on the Board of Directors are John Bosserman, Loribeth Bosserman, Sue Bridges, Katherine Charapich, Chip Coleman, Debbie Hoffman, Johna Inskeep, Charles Oliver, Roger Mitchell Jr., Sheri Nicholson and Allison Windland. Dr. David Cox, division superintendent, is an ex-officio member.

The foundation is actively seeking members. A letter from Mrs. Bosserman is provided, on behalf of the Culpeper Schools Foundation.



CULPEPER SCHOOLS FOUNDATION

P.O. Box 747
Culpeper, VA 22701
540/729-3136

November 10, 2003

Dear Parents and Friends of the Culpeper School System,

Culpeper County continues to grow at a very rapid rate. As you may be aware, our schools are feeling the stress of this growth and are struggling to keep up with the demand placed on the school infrastructure. Recent studies project that the school population will double in the next twenty years, with much of that growth in the next five years.

In seeking to provide some solutions and perhaps relief for the growing Culpeper School system, we are pleased to announce the establishment of the Culpeper Schools Foundation (CSF). The CSF is a charitable non-profit organization founded by concerned parents and community leaders. Their mission is quite simple, "To support the educational needs of Culpeper's student population".

There are many areas that the CSF has identified within the school system which would immediately benefit from monies received. Those areas include, but are not limited to, safety and security, instructional materials, libraries, technologies, and reading programs, as well as recreational and sporting equipment.

To be successful in its efforts, the Culpeper Schools Foundation needs your help. The CSF, through its status as a tax-exempt corporation, provides an avenue to receive non-government monies for our schools. There are many opportunities in which to aid the teachers and administration in delivering the best education to our children. The CSF is extending an invitation to all parents, concerned citizens and area businesses to become a member, a sponsor or a donor of this worthy organization. If you have any questions or would like to have an application, please contact us at 540-729-3136 or at the above address.

Your support is greatly appreciated.

Sincerely,

The Culpeper Schools Foundation
Loribeth Bosserman, President

“No one stands taller than when kneeling to help a child” - Unknown

Local Conservation Agency: The Culpeper Soil & Water Conservation District

Rain Gardens Improve Water Quality *by Martin Johnson, Information/Education Coordinator, Culpeper SWCD*

A rain garden is a simple, beautiful and functional way to improve the landscape and improve local water quality.

According to the Environmental Protection Agency, up to 70% of the pollution in our surface waters comes from storm water. Rainfall runs off roofs, parking lots and lawns, washing away accumulations of sediment and other pollutants such as fertilizers, pesticides and motor oil, which are then carried to the nearest stream

Rain gardens are constructed on a low spot below an area over which storm water run-off tends to flow from impermeable surfaces such as roofs, roads or parking lots. Immediately above the garden, a grass strip slows run-off and filters out some of the particles it carries. The garden plays the role of a shallow pond or marsh for up to 48 hours after it rains, holding three to six inches of excess run-off long enough to let plants, bacteria, and soils clean the water as it seeps down and recharges local groundwater. This is not long enough to provide habitat for breeding mosquitoes, which must live 10 to 14 days in standing water before maturing.

Attractive native groundcover, shrubs and trees are used in the rain garden, which thrives on excess nutrients that are harmful to surface waters, and provides habitat for local wildlife. A thick layer of mulch, acts as a filter, and holds moisture for the garden during dry spells. The soil below is mixed with sand and compost, to continue the filtering process. The concept is simple enough for anyone with some green space to put into practice, and can be adapted for residential, commercial and industrial sites.

For more information on District programs or technical assistance contact the District at (540) 825-8591 or visit <http://culpeper.vaswcd.org/culpeper>.



A rain garden manages runoff from two large parking lots at Monticello High School in Charlottesville. Breaks in the curb allow runoff from the parking lot to flow into the rain garden. (photo: M. Johnson)



Planting a rain garden in Mint Springs, Crozet. (photo: M. Johnson)

Two Tips for Keeping Water Clean

Fertilize Your Lawn Sparingly

Lawns and shrubs help protect the environment by preventing soil erosion and soaking up nutrients before they run off into Virginia waters. But your lawn care practices can also cause pollution problems if you're not careful. Have your soil tested to make sure you plant the right grass, and use the proper type and amount of fertilizer. Follow fertilizer instructions carefully. If you use too much fertilizer, the excess runs off into storm drains or local streams that eventually carry fertilizer pollutants to our rivers and bays. "Cut it high and let it lie" – raise the blade setting on your lawnmower and leave grass trimmings on the lawn as natural mulch and fertilizer.

Plant a Tree for the Future

Trees cool our cities and towns, filter the air, buffer noise and provide homes and food for wildlife. Their leaves produce life-giving oxygen, and their roots reduce erosion and absorb pollutants. Organize a stream-side tree-planting day in your community to create a riparian buffer zone. Call the nearest Department of Forestry office to learn how to get seedlings and technical and financial help. And take care of your trees – don't excavate or compact soil over roots, and mulch under your trees instead of planting grass, which competes for water and nutrients.

Pranas A. Rimeikis, Mayor
 Pam S. Jenkins, Vice Mayor
 Calvin L. Coleman
 Duke M. duFrane
 Samuel R. Found
 Thomas E. Huggard
 Michael T. Olinger
 Emma F. Richards
 William M. Yowell

TOWN OF CULPEPER
 118 W. Davis St. • Culpeper, Virginia 22701
 (540) 727-3421 • FAX (540) 727-3469
www.culpeper.to



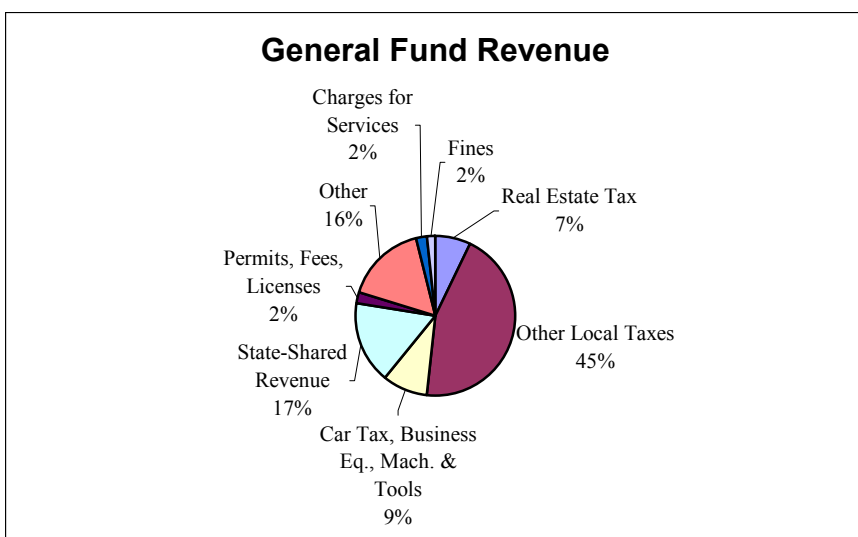
Office of Town Manager
 J. Brannon Godfrey, Jr.

Town Real Estate Tax: A Necessary Evil

By Brannon Godfrey, Town Manager

At a recent Council meeting, several members engaged in a brief debate about taxes and the means by which citizens pay for services. One Council member espoused the benefits of user charges for some government services. (In this specific circumstance, Council was considering charging user fees for residential trash collection instead of continuing to support it with general taxes). By this philosophy, citizens are to some extent more like free-market customers of government services than benevolent taxpayers.

Another Council member remarked about the diminishing proportion of real estate tax revenue to total revenue. It currently comprises 7% of General Fund revenue and less than 3% of all Town revenue including water, sewer, and electric charges. With the current 9¢ rate, a citizen with a residence valued at \$200,000 pays only \$180 a year in real estate taxes. His point was this: the Town real estate tax has been sufficiently reduced for minimal pain to the taxpayer; let's not eliminate it as a source of revenue.



Another Council member stated that in spite of its poor equity and fairness characteristics and its declining impact, the real estate tax rate is a convenient evaluation tool for voters at election time. Like it or not, it's *the* litmus test for Council elections. All of these are sound arguments, and not necessarily at philosophical odds with each other. If you will indulge my playing "junior economist", as one council member puts it, I will further explain the relationship of real estate tax to Town government.

The real estate tax is universally recognized as the least equitable and fair of all taxes. It has been decades, arguably centuries, since the value of one's property was a fair measure of wealth and "ability to

pay." Whether by conscious choice or politics, the Town has begun to rely on it less and less, shifting dependence to consumption taxes like sales, lodging and meals taxes and business gross receipt taxes. These taxes now comprise 45% of general tax revenue (labeled "Other Local Taxes" in chart).

Income tax is a far more equitable, but rarely assessed, local tax. What would happen if we replaced our real estate tax with a hypothetical Town income tax? The Town will collect \$550,000 in real estate tax revenue in FY04. If we divide that revenue (\$550,000) by the estimated 3,800 households in Town, the annual household income tax would be \$144. Taking this a step further, we can divide \$144 by the median household income in Culpeper, \$47,000, to determine a nominal income tax rate of \$3.06 per \$1,000. Not a particularly heavy burden, but the Town would probably spend half of what it collected to administer it. (This is just a comparative exercise – rest assured the Town is not considering an income tax!)

If it's such a bad tax, why do we keep the real estate tax around? Just about the only benefit of the real estate tax is its stability through fluctuating economic cycles. But that stability is an important criterion. Assuming that government services are all those which are essential, but which the private sector declines to provide because they're unprofitable, these essential services must be provided at the same level during economic recessions as well as expansions. So we can't become totally reliant on economy-driven revenues to fund services. That is, you wouldn't want a corresponding reduction in street maintenance, for example, for every drop in retail sales. Since real estate tax has been reduced to a small component in the whole revenue portfolio, it makes sense to hang on to it as a stable and consistent revenue.

There is definitely a case to be made for collecting fees for specific government services. We should continue to strive to relieve the taxpayers on the whole from paying for those services that benefit a few specific individuals. The majority of general government services, however – police, public works, park maintenance, to name only a few – are not practically funded with user fees. And while consumption and business taxes adequately support many of these services during good economic times, there needs to be a balance with a stable, consistent source of revenue.

If you have any questions about Town taxes, please feel free to call (727-3421), or e-mail me at townmanager@culpeper.to

"Culpeper, Virginia - One of America's Top 10 Small Towns"

Take the 4-H challenge and see how much you know about the Culpeper 4-H Program

1. What do the four Hs stand for in 4-H?
- a. Head, Heat, Help and Health
 - b. Heart, Hiccups, Head, Help
 - c. Head, Heart, Hands, Health
 - d. Happy, Healthy, Ho-Hos, Hearty

Answer: c.

The 4-H pledge reads:

I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living, for my club, my community, my country and my world.

This pledge is said at the beginning of each club meeting.

2. Are all 4-H clubs livestock based?

Yes or No

Answer: No

Although the majority of 4-H clubs are livestock based, there are many that are not. These include the Greenhouse Club, the Junior Community Service Club, the Scrapbooking Club, the Cedar Mountain Shooting Sports Club, the Talk it Up Club – a club focusing on learning presentation skills, and the Camp Club.

4-H clubs are designed to focus on one of the ten curriculum areas:

- Animal Science
- Citizenship
- Careers & Consumer Education
- Communications & Performing Arts
- Natural Resources and Environmental Education
- Family Sciences
- Foods, Nutrition and Health
- Leadership and Personal Development
- Plants, Soils, and Entomology
- Science and Technology
- Cloverbuds

If you are an adult who has a skill in one of these curriculum areas and would like to form a new 4-H club, please call the 4-H office. We are always looking for new clubs that would interest Culpeper youth.

3. How many 4-H/Cloverbud clubs are currently being offered in Culpeper?
- a. 8
 - b. 15
 - c. 32
 - d. 22

Answer: d

The following clubs are currently being offered in Culpeper:

- The Beef Club
- Camp Club
- Cat Tails Club
- Cedar Mountain Shooting Sports Club
- Cloverbud Club
- Cookie Cutter Cloverbud Club
- Dairy Club
- Four Paws Dog Club

- Fun wIth DOgs (FIDO) Dog Club
- Greater Piedmont Sheep Club
- Greenhouse Club
- Heads Up Horse Club
- Honor Club
- Hunter Horse Club
- Junior Community Service Club
- Rabbit and Poultry Club
- Reach For Your Goals Club
- Scrapbooking Club
- Sheep Club
- Stockman’s Club
- Swine Club
- Udderly Best Dairy Goat Club

Clubs generally meet once per month, and occasionally offer additional weekend activities to supplement the regular monthly meetings.

“If you are an adult who has a skill in one of these curriculum areas and would like to form a new 4-H club, please call the 4-H office.”

4. The state provides a \$10,000 budget to the Culpeper 4-H program each year.
True or False

Answer: False.

The state, along with Culpeper County and the Federal Government, provide funding to support and train the 4-H Extension Agent, but funding for 4-H programs is based on program fees, donations, sponsorships and grants. If you would like to give to the 4-H general fund, the money will be used to off-set the cost of 4-H fee-based programs such as 4-H summer workshops and special activities. It will also be used to support scholarships to children of limited income families, so that they may participate in these events.

5. Membership into 4-H is free. True or False

Answer: True

Membership into 4-H is free. There is no cost to join any 4-H club. Those who participate in fee-based programs will find that

Culpeper 4-H (continued from page 20)

the cost for these programs is very reasonable, with scholarship money being available.

6. What age does a person have to be to become a member of 4-H?

- 9
- 3
- 12
- 15

Answer: a

4-H is available to any child who is between nine and nineteen years of age. The 4-H year begins October 1 and ends September 30 the following year. Any child who is eight years of age when the 4-H year begins, and who will turn nine before September 30, is eligible to join 4-H. A 4-H youth may remain active in 4-H until December 31 of the year s/he turns 19. For example: If a child is eight years old on October 1, but turns nine in April, that child may participate in a 4-H club and in most 4-H events. If a youth turns 19 in May, s/he may remain active in 4-H until December 31 of that same year.

Children who are between five to eight years of age can join a Cloverbud Club; an age-appropriate version of a 4-H Club.

7. 4-H club leaders are all specialists in their club's subject area.

True or False

Answer: False

Many 4-H leaders have some knowledge of the subject matter around which the club is based, although this is not always the case. The primary responsibility of the club leader is to manage the club,

making sure that appropriate speakers and activities are scheduled, so that the 4-H members learn about the club's subject focus, and to make certain that the club is being run in a safe manner. Before a club is formed, a new club leader meets with the 4-H Extension Agent to review policies and procedures of 4-H and Virginia Cooperative Extension. A club meeting time is arranged, as well as reviewing the 4-H club format. After this initial meeting, club leaders meet once every three months to discuss policy changes and to address concerns and program improvement ideas. The 4-H Extension Agent is available to help club leaders whenever and however possible.

8. What is the 4-H motto?

- To support all creatures great and small
- To make the best better
- Be all that you can be

Answer: b

The motto, to make the best better, applies to everyone and everything relating to 4-H; the 4-H members, leaders, adult volunteers, Extension Agent, and the 4-H program.

9. Name three 4-H programs/activities that are not club related.

Answers: There are many!

4-H Camps:

- Culpeper offers youth camp every summer at the Front Royal 4-H Education and Conference Center. Participants swim, hike, ride horses, enjoy campfires and sleeping in the lodges. Any youth in Culpeper may attend this camp.
- A winter camp is offered every February to 4-H members at the Front Royal 4-H Education Center. Camp begins on a Friday and ends on a Sunday. Campers participate in fun indoor activities.
- There are many camps offered throughout the year through the Front Royal 4-H Education Center including a Grandparents camp, a Cloverbud camp, an Ironman camp, a Horse camp, a Wilderness Adventure camp, and a Caving camp.

Summer Workshops:

- Culpeper offered more than 20 summer workshops this past year. Drama, mask making, fishing, solar cooking, tie-dyeing, scrap-booking, batiking, making friendship bracelets, quilting, exploring foods and nutrition and basketry are some of the

workshops that were offered.

Summer workshops are inexpensive, educational, and FUN!

State Capital Day:

- 4-H members are invited to go to Richmond to visit our State Capital and some of our elected officials. This trip is held in February.

Culpeper-Madison-Rappahannock (CMR) Farm Fair:

- 4-H members involved in an animal-related club may show their animals at the CMR Farm Fair,

which is offered in July. Non-4-H youth and adults may enter items at the Homemakers building including art projects, sewing projects, flower arrangements and homemade baked goods.

State Congress:

- 4-H members who are 14 to 19 years of age may participate in this statewide 4-H event. The mission of Congress is "to provide competitive and non-competitive educational experiences to Virginia teens and the adults who work with them, helping them to develop life skills and leadership abilities to become contributing citizens in their communities." Attendees spend the week at Virginia Tech and enjoy participating in dances, workshops and games.

4-H is a great way for any child or teenager to meet new people, to become active in a fun and safe program, and to learn a new skill. The benefits to all of those involved are tremendous.

If you would like to find out more information about one of the existing 4-H programs, or if you are interested in forming a new club, please contact Jenny Kapsa at the Virginia Cooperative Extension office at 540-727-3435.

"4-H is a great way for any child or teenager to meet new people, to become active in a fun and safe program, and to learn a new skill."

Healthy Culpeper by *Cindy Colson, Executive Director*

“Healthy Culpeper is a collaboration of over 55 agencies, businesses, law enforcement, local government, professionals, and programs available in Culpeper County.”

Healthy Culpeper is a collaboration of over 55 agencies, businesses, law enforcement, local government, professionals, and programs available in Culpeper County. The idea of community collaboration began in 1998 in response to Culpeper Regional Hospital’s Community Health Assessment. The Assessment identified several areas of need and gaps in services. The most efficient and productive way of addressing those issues was to form a collaboration of community partners. The vision of the collaboration is a commitment to work together to create a healthy, secure, and educated community by developing and providing services that promote interdependence, to acknowledge the importance of family-like support systems, which are participant focused. The collaboration defines health in terms of the emotional, intellectual, physical, psychological, social, and spiritual needs of the community. Over the past five years, the collaboration has continued to incorporate new members and evolve to address the changing needs of the Culpeper community.

The structure of Healthy Culpeper is composed of a twelve-member board, co-chairs of the Community Partners meetings, an executive director, Community Partners, and subcommittees with workgroups. The Community Partners meet on the second Wednesday of every month at Culpeper Regional Hospital. During these meetings, Community Partners are able to network and update other Partners of upcoming events and changes within their programs. When new resources become available in Culpeper, their representatives are invited to participate in Healthy Culpeper and present their program to other Community Partners at the monthly meeting.

The collaboration of Healthy Culpeper is divided into four subcommittees: Adult/Senior, Teens, Youth, and Early Childhood. Community Partners attend the subcommittee that most closely matches the focus of their program. Current projects, which Healthy Culpeper is supporting, include:

- Adult/Senior
 - o A comprehensive list of available Culpeper resources on the Senior Navigator website.
 - o Location of sites where the website can be accessed by the community.
 - o A brochure with information about Senior Navigator and locations to access the website.
- Teens
 - o Youth Development trainings offered through VA Cooperative Extension office.
 - o A Prevention Coalition is being formed to address teen issues in the community.
- Youth
 - o Culpeper Youth Mentoring Program, a program similar to Big Brothers, Big Sisters .
 - o Minority Taskforce, a program supporting students who are struggling with passing the SOLs.
- Early Childhood
 - o Hosting seasonal family events for the public.

This list is only a sampling of the projects occurring in Culpeper through the collaboration of Healthy Culpeper. In future editions of *Culpeper Minutes*, I plan to present updates from the subcommittees and their endeavors. If you are interested in participating or have any questions, please contact me at 829-2065 ext. 308 or via email colson@hfculpeper.org

“The collaboration defines health in terms of the emotional, intellectual, physical, psychological, social, and spiritual needs of the community.”

“The vision of the collaboration is a commitment to work together to create a healthy, secure, and educated community...”

Healthy Culpeper: Cindy Colson 829-2065 ext. 308 or via email colson@hfculpeper.org.

Join the new Rappahannock-Rapidan Medical Reserve Corps

by the staff of the Culpeper Health Department

Hurricanes, SARS, Anthrax, Influenza....today's headlines contain no shortages of emergencies with a direct impact on public health. As part of a long range effort, the Rappahannock Rapidan Health District, of the Virginia Department of Health, has been taking a number of steps to improve its ability to respond in the face of public health emergencies. (The Health District is a state and local government partnership which operates the Health Departments in Culpeper, Fauquier, Orange, Madison and Rappahannock Counties). Recent preparedness activities include the hiring of additional personnel, development of emergency response plans, coordination with local first responders, staff training and development in infectious diseases and participation in a statewide bioterrorism exercise.

***Would you like to serve
in our
Medical Reserve Corps?
All are welcome.***

***The Corps will be
2000 strong to implement
public health initiatives and
prepare for emergencies.***

One issue that has concerned public health officials is the availability of qualified personnel to assist during an emergency. The Health District employs approximately 85 people, and only 16 are based in the Culpeper Office. Many more people would be needed in the event of a widespread disease outbreak or other public health emergency.

To help remedy this situation the Health District is launching a Medical Reserve



Culpeper County Health Department
Open 8:00 a.m. to 4:30 p.m. Monday - Friday

Corps to recruit and organize local residents to help respond in the event of an emergency. The Health District has a goal of recruiting and organizing 2,000 volunteers into the Rappahannock-Rapidan Medical Reserve Corps, as the group will be known.

The establishment of community Medical Reserve Corps units is one component of President Bush's volunteer initiative known as USA Freedom Corps. The Rappahannock-Rapidan Medical Reserve Corps will provide health care professionals and others with a regional organization through which they can volunteer their time and skills to strengthen our communities by preparing for and responding to large-scale health emergencies, such as an influenza epidemic, chemical spill, or act of terrorism. Medical Reserve Corps volunteers will also assist in improving the overall health and well being of the people of the area by becoming involved in various public health initiatives throughout the year.

The Rappahannock-Rapidan Medical Reserve Corps and volunteer recruitment efforts will initially be funded through a US Public Health Service grant aimed specifically at helping communities develop

reservoirs of clinically trained volunteers. On October 30th, Health and Human Services Secretary, Tommy Thompson, announced the Rappahannock-Rapidan Health District, and 124 other community based health organizations across the country, would begin receiving federal funding under the program this year.

Volunteers will be needed for a wide variety of activities. There is a definite need for clinically trained volunteers such as doctors, nurses or pharmacists who can review medical histories, evaluate patients or dispense medications. However, all are welcome to become a part of the Medical Reserve Corps. "Anyone who would like to volunteer would be very helpful" said District Health Director Dr. Lilian Peake. "Many of the volunteer positions we envision will be non-medical, such as distributing forms, conducting an education session, running video tapes, or helping people through the process of receiving medicines or immunizations."

Volunteers must attend training sessions and become certified in CPR, which will be provided by the Medical Reserve Corps. For more information or to volunteer please call the Culpeper Health Department at 829-7350.

Culpeper County Department of Health 540-829-7350 640 Laurel Street

Department of Social Services

Coordinated and Implemented a Hurricane Isabel Disaster Food Stamp Program

On September 18, 2003, Culpeper County was declared a national disaster area by FEMA and by our local government officials due to the widespread damage done by Hurricane Isabel. The entire County was affected by lost power, downed trees, flooding and water damage due to the rains and wind of the storm. Approximately 9,500 homes were without power for five or more days following the arrival of the storm.

As a result of Isabel, Culpeper Department of Social Services was approved to implement a Disaster Food Stamp Pro-

gram to obtain supplemental benefits to new and on-going Food Stamp cases. This program provided an expedited process for supplying food to those hardest hit by the storm.

The Disaster Food Stamp Program, implemented by Culpeper DSS, ran from October 6 through October 15th. All on-going Food Stamp recipients automatically received an extra one-half month's benefit, mostly to provide help for those who lost wages due to power outages. Five on-going cases also qualified for additional benefits due to food spoilage and loss.

There were 26 new applications, but only 16 cases were qualified for relief.

This program would not have been successful without the efforts made by the County of Culpeper, the Benefits Unit of Culpeper Department of Social Services, and the Virginia Department of Social Services.

Culpeper Department of Social Services is appreciative of all of the efforts made within the County before, during and after the storm to assist those citizens who were in need. We are truly blessed to live in such a caring community.

Culpeper Department of Social Services 727-3427 219 East Davis Street

Culpeper County's

Employee of the Month

Culpeper County has established a program to honor employees that have thrived in achievements of character, performance, and teamwork. With this program an employee is nominated by their own peers who feel they deserve to be recognized for their hard work and dedication. Once nominated, the eleven elected employee representatives of the Employee Action Committee will decide who will receive this award.

Once the year is completed, the Employee of the Year is chosen out of the employees that were chosen for Employee of the Month. Due to the cancellation of the County Employee picnic, this year the Employee of the Year was announced at the County Employee Annual Christmas party that was held on December 6th at the Reva Fire Department.

The Employee of the Year will be given a reserved parking space for one year, an embroidered jacket, a check for \$100 taken out of contributions made by employees, a day off, and a certificate and pin presented by the County Administrator.

Month of October Janice Estep Information Technology	Month of February Rhonda Ford Criminal Justice Services	Month of June Toni Garnett Finance Department
Month of November Tonya Hooser Emergency Services	Month of March Catherine Jackson Building & Grounds	Month of July Missy Dinkens Economic Development
Month of December Grace Lowe Department of Development	Month of April Meg Crosby Building Department	Month of August Warren Jenkins Emergency Services
Month of January Nicki Taylor Finance	Month of May Katrina Miller Sheriff's Department	